Lexington, Rockbridge County, Virginia, Wednesday, April 25, 1900.

31,50 a Year

## FORERUNNER OF CONSUMPTION.



Few realize what a deep-scated, obstinate disease Catarrh is, regarding it as a simple inflammation of the nose and throat, little or no attention is given it. But, however insignificant it may seem at first, it is serious and far-reaching in its results.

is serious and far-reaching in its results.

The foul secretions entering the circulation poison the entire system. The stomach, kidneys—in fact all the organs—feel the effect of this catarrhal poison, and when the lungs are reached its progress is rapid and destructive, and finally ends in consumption.

It frequently happens that the senses of hearing and smell are in part or entirely lost, the soft bones of the nose eaten into and destroyed, causing intense suffering and greatly disfiguring the face. While sprays, washes and salves may give temporary relief, no permanent benefit can be expected from such treatment.

#### CATARRH IS A CONSTITUTIONAL OR BLOOD DISEASE,

and far beyond the reach of mere local remedies. Those who rely upon them for a cure lose valuable time, meet with disappointment and allow the disease to take firmer hold. Only a real blood remedy can reach this troublesome and dangerous disease.

S. S. Cures Catarrh because it first cleanses and builds up the blood, purifies it, makes it rich and healthy, stimulates and puts new life into the sluggish worn-out organs, and thus relieves the system of all poisonous accumulations.

Mrs. Josephine Polhill, of Due West, S. C., writes: "I had Catarrh, which became so deep-seated that I was entirely deaf in one car, and all inside of my nose, including part of the cone, sloughed off. When the disease had gone this far the physician gave me up as increable I determined to try S. S. S. as a last resort, and began to improve at once. It seemed to get at the seat of the disease, and after a few weeks' treatment I was entirely cured, and for more than seven years have had no sign of the disease."

S. S. S. is made of roots, herbs and barks of wonderful tonical and purifying properties. It is the only vegetable blood purifier known, and a certain and safe cure for all blood troubles. Send for our book on Blood and Skin Diseases, and at the same time write our physicians about your case. They will cheerfully give you any information or advice wanted. We make no charge for this.





Its strength comes from its purity. It is all pure coffee, freshly roasted, and is sold only in one-pound sealed packages. Each package will make 40 cups. The package is scaled at the Mills so that the aroma is never weakened. It has a delicious flavor. Incomparable strength. It is a luxury within the reach of all.

Premium List in every package. Cut out your Lion's Head and get valuable premiums free.

does not have Lien Cuffee in his steen, send us his more and address that we may place it on sale there. Do not accept may mobifure.

While steen streets are sending to the control of th ULSUN SPICE CO., Toledo, Ohio,

### L. E. LINDSAY & CO., We Want Your Name

#### LEXINGTON, VA.

Galvanized Iron Cornices and Skylights. ed and Painted. Tin and Galzanized Iron
Guttering and Spouting. All kinds of Tin
Sheet Metal Work. Mail Orders Promptly
Attended to. Give us a trial. We can save
you money. All country work done promptly. We guarantee satisfaction. Main We guarantee satisfaction, Main street, nearly opposite the Court House









are broken down from ordered to cares Brown's Iron Bitters MUNN & Co. 361Broadway, New York Branch Office, 625 F St., Washington, D. C. rebuilds the system, aids digestion, removes ex-

for "PASTI E," the brightest and best youth's and family illustrated story and busy days?

Friends of this great cause, we call upon humerous paper out. New and interesting features for all. Special department of valuable information for shrewd money makers Tin, Slate and Slag Roofing. Roofs Repair- and money savers 16 large pages, only 50c

BOOK AGENTS WANTED FOR

#### Pulpit Echoes OR LIVING TRUTHS FOR HEAD AND HEART.

By D. L. Moody 





CARBONA

The latest chemical discovery.

Jemoves C case Spots Instanth WON-INFLAMMABLE. NON-EXPLOSIVE Marshall Chemical Co. Marshall Va.



the great saving in power and wear. Cale to said prices from Also Spring Harrows, ditivators, Corn Planters, Shellers, etc. II & DROMGE

31.58 BUYS 4 \$3.50 SUIT SEARS, ROEBUCK & CO. (Inc.), Chicago, Ill.

SWIFT SPECIFIC CO., ATLANTA, GA.

THE APPROACHING SUNDAY SCHOOL CONVENTION

Timber Ridge, Va., April 11, 1900. To the pastors of all churches, superintend-ents, secretaries, teachers and friends of all Sunday schools of all denominations of Rockbridge county:

We are soon to enjoy another Sunday school convention, and as secretary of the Rockbridge Sunday School Association it is my duty and pleasure to call your attention

Pastors, it is your high privilege to so lead those under your care that they will take a deep and lively interest in all the work of God's cause. We call upon you to lead the way in this great work.

Superintendents, upon you rests in a very great degree the success of this association. We call upon you to see, first, that two delegates from your school are elected to repre-sont it in the convention to be held at Goshen, Va., May 16-17, and to be there your-selves. Second, at the last convention every school was asked to contribute one cent per member. This contribution is asked in order member. This contribution is asked in order to more thoroughly organize the entire county. Will you not so present it to your school that at least as much as is asked be sent to me at the very earliest opportunity, Secretaries, upon you rest the following duties. First, to send the report of your school to me as soon as possible; second, the names of those elected to represent your school; third, the amount collected for the benefit of the association. We call upon you to do your duty well, for the convention will be a heavy drag and the association a failure without your statistics. Will you fall us this time? Wake up! "The King's business requires haste."

Teachers, we need you at the convention.

for "PASTIE," the brightest and best Can you not give the Master two of your

you to pray for the success of this association and for this convention. We call upon you to help us with your prayers, purse and

avoided by complying with this request.
V. W. DAVIS,
Sec. Rockbridge Sunday School Association.

#### TRY ALLEN'S FOOT-EASE,

A pow ler to be shaken into the shoes. Your feet feel swollen, nervous and hot; know he: I would like to." and get tired early. If you have smarting feet or tight shoes, try Allen's Foot-Ease. It cools the feet and makes walking easy. Cures swollen, sweating feet, ingrowing nails, blisters and callous spots. Relieves corns and bunions of dl pain and gives rest and cemtort. Try it today. Sold by all druggists and shoe stores for 25c. Trial package FREE, Address, Allen S. Ulmsted, Le Roy, N. Y.

According to a celebrated anatomist there are upwards of 1,000,000 little glands in the human stomach. These glands pour out the digestive juices, which dissolve or digest the food. Indigestion is want of juice, weakness of glands, need of help to restore the health of these organ . The best and most natural help is that given by Shaker Digestive Cordial. Natural, because it supplies the material needed by the glands to prepare the digestive juices Because it strengthens and invigorates the glands and the stomach until they are able to do their work alone. Shaker Digestive Cordial cures indig stion certainly and permanently. It does so by natural means, an I therein lies the secret of its wonderful and unvaried success. All druggists, price 10 cents to \$1 per bottle.

#### Over-Work Weakens Your Kidneys.

Unhealthy Kidneys Make Impure Blood.

All the blood in your body passes through your kidneys once every three minutes.

The kidneys are your blood purifiers, they filter out the waste or impurities in the blood. If they are sick or out of order, they fail to do Pains, aches and rheumatism come from excess of uric acid in the blood, due to neglected

kidney trouble. Kidney trouble causes quick or unsteady heart beats, and makes one feel as though heart beats, and makes one feel as though they had heart trouble, because the heart is over-working in pumping thick, kidney-poisoned blood through veins and arteries. It used to be considered that only urinary troubles were to be traced to the kidneys, but now modern science proves that nearly all constitutional diseases have their begin-ning in kidney trouble.

all constitutional diseases have their beginning in kidney trouble.

If you are sick you can make no mistake by first doctoring your kidneys. The mild and the extraordinary effect of Dr. Kilmer's Swamp-Root, the great kidney remedy is soon realized. It stands the highest for its wonderful cures of the most distressing cases and is sold on its merits by all druggists in fiftycent and one-dollar eizes. You may have a sample bottle by mail

Home of hymney the writing by the mention this paper when writing Dr. Kilmer & Go., Highamton, N. Y.

THE FARMER'S LOT,

The farmer is a happy man-or should be, don't you know,

He doesn't have a thing to do but ploy and reap and sow; He sleeps till fear o'clock each morn

then goes about his tasks. Gets three square meals each werking day, and that is all he asks.

He hires a man to do his work, when he can raise the price,

Feeds him on pork and johnnycake, potatoes, mush and rice: When Autumn gilds the towering hills

he comes to town and votes. and settles up his winter's bills by issuing his notes.

He always has one suit of clothes, and ab, often he has two: For footwear he prefers a boot, and

never wears a shoe; And when the summer comes he sheds his duds to 'scape the heat,

And doesn't have to don his coat when he sils down to eat.

He keeps a wagon and a span with which to drive to town; His wife was never known to be with-

eut a gingham gown;

His children, too, are fat and stouttbey're not brought up on cake, And never cry all night because their little stomachs ache.

He needs no money in his purse, kis credit's always good; He takes the weekly paper and he pays

for it in wood: The merchants furnish him dry goods. and groceries as well,

Because they know some day he'll have some pork or wheat to sell.

Ah, happy is the man who dwells upon the farm, apart From the noisy cities, crowded towns and commerce's busy mart.

Serene he lives, ner gives one thought to hoarding piles of pelf. My dearest hope is that some day I'll

have a farm myself. E B. Smith, in Minneapolis Journal.

A SURPRISE BY TELEPHONE.

A susceptible youth recently called up an East End residence and asked if Miss Blank was at home. A woman's

voice answered and told him that the young lady was not at home. The young man, however, evidently wanted to talk to some one, and the following conversation went over the line : "Who is this talking?"

"Oh, 1 don't think you know her." "Well, who is it anyway? If I den't

"You are sure about that, are you "Why, e-rtainly. Who is it ?"

"Well, if you promi-e not to say anything about it, I'll tell you. It's the servant girl, and a black one at that.'- be the morrow. Cleveland Plain Dealer.

lest they might stand in the Presi- McKiuley's Mark. dent's way has aroused the admiration of every player in the game of politics.

tax stamp demanded on each package. American missionaries.

THE COMMANDMENTS REVISED

(Atlanta Journal.)

A valued exchange announces that the McKinley administration in its pions and devoted efforts to save and elevate the country has reformed the leca'ogue and that for all the true beievers in King Bill and his gang it now reads as follows:

- before me and only gold above me.
- graven image except on bank notes.
- 3. Thou shalt not take the name of the Lord thy God in vain, but shall
- 5. Henor thy father and mother. but scorn the fathers of thy country.
- 6. Thou shalt not kill except to ex-
- but may enter entangling alliance.
- 9. Thou shalt not bear false wi!-

19. Thou shalt not covet, but grab.

Orange Observe.

This life is the one to watch-the other is a continuation of this.

When Adam told an ancient joke no man ever told him that he had heard

look any crime if it is committed in the name of love. Every town is full of people whe

The devil never complans of his enwith the greatest energy.

never call him a corn-dodger.

the present day, but magnificent will There was a time when a man who was hard up tried to hide it, but so The manner in which the McKinley many are in that condition now that

> Diplomatic relations between the United States and Turkey may soon

# Absolutely BAKING . -POWDER

No inferior or impure ingredients are used in Royal for the purpose of cheapening its cost; only the most highly refined and healthful.

Royal Baking Powder imparts that peculiar sweetness, flavor and delicacy noticed in the finest cake, biscuit, rolls, etc., which expert pastry cooks declare is unobtainable by the use of any other leavening agent.

Alum is used in making cheap baking powders. It you want to know the effect of alum upon the tender linings of the stomach, touch a piece to your tongue. You can raise biscuit with alum baking powder, but at what a cost to health!

ROYAL BAKING POWDER CO., 100 WILLIAM ST., NEW YORK.

WISE AND OTHERWISE:

It's the rich people who usually give por excuses

It doesn't take a bright woman to cast reflections.

O. Y. Ster is looking forward to his ummer vacation.

deal to answer for. The man who falls into a fortune tottle warranted. never complains when he strikes the

bard cash. The chronic borrower should make Gomez said Cubans are "ander the knew something was going to happen a good walking delegate. He's always heel of the United States." on a strike.

There is nothing like a whist club to vironment but keeps steadily at work develop conversational powers in a diffident woman.

ceases to please. Anger is like rain: it breaks itself

apon that on which it falls. Doing good is the only certainly

sappy action of a man's life. "You make me soar," remarked the paseball to the bat.

The baseball player who slugs the ball is not a sluggard.

shake-up in his business.

farthest to fall. It takes a woman with a remarkably

keen sense of humor to laugh at her husband's excuses. When all soda water costs the same overproduction. it is difficult to convince a woman that

that there are different priced cigars. No man likes to be told that he is

You may depend upon it that he is a good man whose friends are all good and whose enemies are characters decidedly bad.

THE FIELD OF LABOR.

Australia experts wheat. A Bib'e trust is being talke I of.

Englard has women blacksmiths. Germany has over 20,000 brewers.

Minneapolis has a dressmakers' union,

employes. coffee trade.

Illinois has a Railway and Telegraph McCrum Drug Co. Every bottle guaran Employes' Political League.

Chicago sent the Spanish minist r at Washington an invitation to participate in the hilarity incidental to Manila Day and the presence of the admiral who smashed Montojo's fleet. The Duc d'Arcos sent a stinging reply.

THEIR BUSINESS BOOMING. Propably no one thing has cause

such a general revival of trade at the McCrum Drug Store as their giving amay to their many oustomers of so many free trial bottles of Dr. King's New Discovery for Consumption, Their trade is simply enormous in this very valuable remedy, from the fact that it always cures and never disappoints Coughs. Colds, Asthma, Broachitis, Croup, and all throat and lung diseases Some self-made men have a great are quickly cured. You can test it before buying by getting a trial bottle free, large size 50c, and \$1.00. Every

In a speech at Nuevitas General

RED HOT FROM THE GUN.

Was the bill that hit G. B. Steadman of Newark, Mich., in the Civil War. It caused horrible Ulcers that If you would not have affliction visit no treatment helped for 20 years. Then man takes his whiskey straight, they you twice, listen at once to what it Bucklen's Araica Salve cured him. Cares Cuts, Bruises, Burns, Boils, Felons, Corns, Skin Eruptions. Best Pile eure Dewey he will never do, for Bryan A woman dies twice-the day that o,n earth: 22 cents a box. Cure guaran-

> Residents of Cuba to the number of 66,869 have registered under the Paris treaty, thus preserving their Spanish nationality.

WCRKING NIGHT AND DAY

The busiest and mightest lide thing that ever was made is Dr. King's New Life Pills. Every pill is a sugar-coated The bar-tender is never afraid of a globule of health, that changes weakness into strength, listlessness into energy, brain fag into mental power. In climbing the ladder of fame the They're wonderful in building up the fellow who falls from the top has the health. Only 25c, per box at McCrum Drug Co.

> Twelve plants of the American Steel and Wire Company located in the West have shut down on account of alleged

> > TO THE DEAF.

A rich lady, cured of her Deafnesmaking a fool of himself any more than and Noises in the Head by Dr Nichothat some other fellow is making a fool son's Artificial Ear Drums, gave \$10e 000 to his Institute, so that deaf peoply unable to procure the Ear Drums ma7 He is best accountant who can cast bave them free. Address No. 1241h up correctly the sum of his own errors. The Nicholson institute, 780, Eight Avenue, New York

The grand jury of Frankfort, Ky., has returned indictments against ten men charging them with the murder of William Goobel.

BRAVE MEN FALL.

Victims to stomach, liver and kidney treubles as well as women, and all col the results in loss of appetite, poisons in the blood backache, ne.vousness, head che and tired, listless, run down feeling. But there's no need to feel like that. Listen to J. W. Gardner, Idaville. Ind. He says: "Electric Bitters are just the thing for a maa New York has over 38,000 mun'cipal when he is all run doan, and don't care whether he lives or dies. It did more to give me new strength and Mexico has abolished her export good appetite than anything I could take. I can now eat anything and have a new lease on life." Only 50c. at

> The Pope has desided that "hereafter no religious congre, ation will be permitted to take part in politica."

ted.



- 1. Thou shalt have no other gods
- 2. Thou shalt not worship any
- use it profitably to sanctify their greed.
- 4. Remember the Sabbath day to keep it holy. On the seventh day thou shalt do no labor, but thy man servant and thy maid servant, thy sweat shops and all that fills thy purse must be kept
- 7. Thou shalt not commit adultery,
- 8. Theu shait not steal, but shalt
- nesses, but censer the dispatches.

ORIGINAL OBSERVATIONS.

A selfish girl is not necessarily a fish

Strange that young men should be sowing "wild cats" when they are on

It's a curious woman who won't over-

-after it has happened.

Down in old North Carolina when a

is the man; McKinley will never win she quits life and the day that she eed. Sold by McCrum Drug Co. gaio, his Bliss has fied the land. There's a flewer for every frown, a smile for every sorrow; dark may be

pelitical machine has relegated to the it is impossible to hide it, and yet these rear all the heroes of the Spanish war by the days of prosperity-bearing

The Federal supreme court has de- be broken off because of the failure of cided that the stipper and not the ex- the Sultan to make good his promise press company shall pay for the war to pay the indemnity claims of the

## PAINFUL PERIODS NO MORE

TRS. GEORGE OSMUN, of Belvidere, Warren Co., N. J., writes: "Suffering as I had from weakness, irregularities and backache for several years, a release from this suffering was a blessing. Oh! how I wish more suffering women would accept your kind offer and be relieved. There is no need for women to suffer. Mrs. Pinkham's advice and Lydia E. Pinkham's Vegetable Compound will relieve

wonderful remedies."

them."
MRS. IDA PETERS, Milan, Tenn., writes: "DEAR Mrs. PINERAM—When I wrote to you the first time asking your advice I was a great sufferer. Menatruations were irregular, sometimes a week too soon and then a week or two late, and when they appeared were very profuse; great pain and tenderness in the bowels, pain in back and limbs, leucorrhea all the time. I was weak and nervous and had no appetite Burning and choking sensation in my throat. I received your reply and followed all your matructions and now I am cured. I owe my ecovery all to Mrs. Pinkham's advice and her

ELLA E. BRENNER, East Rochester, Ohio, writes: "I have been thankful a thousand times nince I wrote to you for what your Vegeta-ble Compound has done for me. I followed your advice carefully and now I feel like a different person. My troubles were back-ache, headache, nervous tired feeling, pain-

ful menstruction and leusorrhosa. I took

four bottles of Lydia E. Pinkham's Vegeta-

ble Compound, one boy of Pills, one package

of Sanative Wash-and am now well. MRS. MAGGIE P. STINE, New Berlin, Pa., writes: "I have suffered with terrible backache in the amall of my back for about seven years, and sould never get anything to belp me. I tried several physicians, but found no help. I have now taken three bottles of Lydia E. Pinkham's Vegetable Com-

Mrs. H. A., 124 B. Cedar Street, Owosso, Mich., writes: "Nearly three years ago I wrote to you asking advice in regard to my health. I was so miserable; suffered from painful menstruction and backsche, was nervous, dissy and faint. I received such a kind letter from you, telling me just what to do. I followed your advice and I now am recommending Lydia E. Pinkham's Vegetable Compound. I thank God for this pain destroyer."